



January 15, 2017

# Kinship Connection

Winter: A Fresh Start !!!



## “Choose a Positive Disposition”

Our world is one that is forever going back and forth—up and down. About the time you think things are going smoothly something else happens—the car breaks down or one of the children come down with the flu. To expect life to flow smoothly with few bumps is abnormal. So how do you make things right in this mixed up world. Things don't come to you straight—it comes mixed up and you have to straighten it out yourself. Where do you start???

If you want to get it together , you have to get your attitude right. Everything you are or do are products of your attitude about life. Take a skunk for example—he is in full charge of the atmosphere—both his and yours. He has no choice. But if your attitude stinks and is fouling up the atmosphere for those around you—it's because you choose. When your attitude goes wrong, you can choose to make it right.

Your attitude affects the children in a positive way or negative way. Right attitudes are the foundation stones of successful living. You can be a skunk or a bright star. What you are today is the sum total of your thoughts and attitudes of yesterday. And you will travel the path tomorrow that your heart and mind will blaze today. These thoughts, attitudes and perceptions will be used to build the future for yourself and your family. Being an example and having the right attitude for our children is the best way to start fresh.

### Need Help or a Listening Ear ???

Contact me at :

1-800-873-5889 or 1-509-684-3932

Art Mathew, Kinship Navigator



### Grandparent's Support Group

Wednesdays @ 1:00 pm

Early Learning Center

East 1406 D Street

Deer Park, WA 99006

Contact: Cindy Ashworth

1-509-464-5680

### Our Kinship Navigator Program

Can help with:

Legal Issues

State & Federal Aid

Housing

Child Care

Respite

Health Services

Emergencies

Counseling

Summer Activities

### Special points of interest:

- A Positive Disposition
- Roasted Winter Squash Soup
- THANK YOU !!!
- Republic Winter fest



“Anonymous Donators !!!”



Children’s Smiles !!!  
‘You Made it Possible’

Many Thanks !!!  
For your Kindness &  
Generosity



Backpacks  
Available





# Healthy at Home



## Workshops Available:

- Chronic Disease Self Management
- Diabetes Self Management
- Chronic Pain Self Management
- Powerful Tools for Caregivers

## Waffle:

'The Wonder Dog'  
Victim Services'

<https://www.facebook.com/RuralVictimHelp>

These are six week workshops that meet once a week. They are designed to help those with chronic conditions to live healthier and fuller lives. And to help provide tools for those who are caregivers for family or friends.

For further information on registering, times and places, contact:

## Rural Resources:

509-684-3932 or 1-800-873-5889

## New Workshop

### "A Matter of Balance"

Managing Concerns about Falls

Contact:

Art Mathew: 509-684-3932



## Next:

Chronic Disease Self Management  
January 23rd thru February 26th at:  
The Hub

1:00 pm to 3:30 pm

231 W. Elep Ave., Colville, WA 99114

Contact: Pam or Peggy 509-685-6003







Interested in Starting a  
Support  
Group  
For  
Kinship Caregivers ???

Contact Kinship Navigator: Art Mathew



## Roasted Winter Squash Soup

*2 or 3 Butternut, Acorn, or Hubbard squash*

*2 garlic cloves*

*A few sprigs of fresh thyme*

*2 tablespoons unsalted butter*

*2 yellow onions, diced*

*1/2 cup white wine*

*8 cups vegetable broth*

*1 bay leaf*

*Salt & pepper*

*1/2 cup cider vinegar*

*Preheat oven to 350 degrees F.*

*Cut squash in half, remove seeds, and roast cut-side-down with garlic & thyme inside. Roast about 60 minutes or until soft.*

*Scoop out flesh & set aside, along with the garlic & thyme*

*Add butter to pan set over medium-high heat. Add onions & roasted garlic & sauté until soft. Add scooped squash to pan & stir, then add wine to deglaze. Reduce heat slightly & add broth*

“Each day of  
our lives we  
make deposits  
in the memory  
banks of our  
children.”

Charles Swindoll



## Who is a Kinship Caregiver?

A Kinship Caregiver is an ordinary person who is a hero. A Kinship caregiver is raising a child who is not their own, a grandchild, a niece or nephew or even a brother or sister.

A Kinship Caregiver is **YOU !!!**

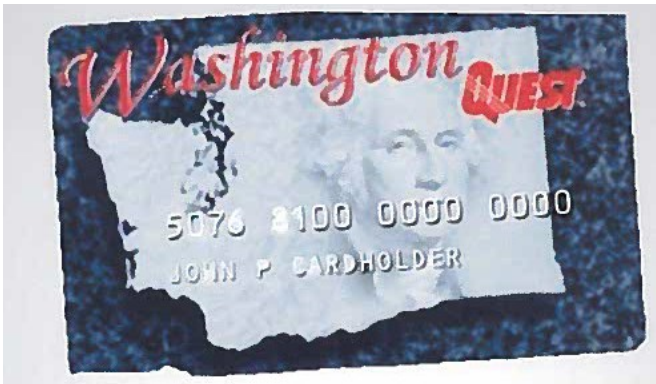
# Attitudes...

Are more  
important  
than facts.

“Karl Menninger”

+++++

*It's up to you to change  
your life. It's up to you  
to make things right  
when things go wrong.  
And God has given you  
the power to do it.*



Have  
Questions about  
Basic Food?

Call:  
Leigh Ann

1-800-776-3857

Or

509-684-5645

What  
Can I  
buy?



## SHIBA: OPEN ENROLLMENT

Statewide Health Insurance Benefits Advisors (SHIBA) , starts January 1st and runs through

March 31st. To check on Medicare part—B

You may also change Part D anytime for low income or Extra Help

**CONTACT:**

Sonja Brooks at 509-685-6077 to make an appointment





- ◆ You may pick up a game at the Colville Office for \$12.95: 956 S Main, Colville, WA 99114; Mon—Fri, 8 am to 4:30 pm
- ◆ Order Online at [www.ruralresources.org/donate](http://www.ruralresources.org/donate); \$15.95—which includes shipping
- ◆ Call the office: 509-684-3796



**\$12.95**

**Waffle Memory Game**

100% of the profit supports Waffle the Therapy Dog & Kids First Children's Advocacy Center

## Cranberry Orange Relish

(Great on anything, including Turkey, Ham, Chicken, Pork Yum!)

- 1 Large Orange (Organic if possible as you are using the skin too)
- 12 oz. fresh cranberries
- 3/4 cup sugar

Place alternately in food processor or blender (some berries, some orange cut in quarters, some sugar)

Pulse all together, leave a bit chunky or blend till smooth. Best made the day before to let the juices meld.

Stores in fridge for about two weeks, or freeze.

'From the Ocean Spray Package'

## Republic Winter fest Celebration

January 21st: Starts 9:00 am in Republic

- \* Snow Sculpting
- \* Out House Race
- \* Snow Pantaque
- \*Hot wings Eating Contest

**Come join in the Fun !!!**

